



THE CONNECTION

Calvert County Office on Aging Newsletter

June 2021



MEALS ON
WHEELS INFO



VIRTUAL ACTIVITY
CENTER



RESOURCES FOR
SENIORS

A Message from the Division Chief

Welcome back! As you probably know, all three of our senior centers reopened to the public on May 3, 2021. We are excited to see you!

During the month of May, we offered meals at our three senior centers, fitness classes and a few other fun activities. We are pleased to resume our ceramics program and open our fitness rooms this month. Please see the wonderful programs offered at each of our centers inside this edition of *The Connection*.

In July, we will resume art classes with some of our excellent art instructors, like Suzanne Sheldon and Elizabeth Bygler. Dave Scheible will add a Bone Builders light weight training class as well.

We are thankful for our partners at CalvertHealth who have added wonderful online educational health programs and exercise classes to our [Virtual Senior Center](#). We encourage you to check it out!

We are continuing our partnership with the Calvert County Health Department by offering behavioral health counseling at each of our centers this month. Our own Maryland Access Point staff are ready to help you also, along with our Senior Rides Coordinator.

Finally, It is with a heavy heart that I **announce my retirement as the Aging Services Division Chief on July 2**. I have worked in the aging field for 38 years and have enjoyed my last 23 years working for the Calvert County Office on Aging. I have met many wonderful aging advocates, seniors and staff members at the local, State and Federal level. I have learned so much from all of them. I have also been blessed through the years with such a dedicated and hardworking staff. I know the Calvert County Office on Aging will grow and thrive under new leadership. I will continue to advocate on behalf of the disabled and older adults in Southern Maryland. It has been a wonderful journey and I will truly miss everyone.

As always, we are only a phone call away and are always here to assist you if you need us.

Fond Farewell,

Susan Justice



COVID-19 Vaccine

If you are interested in receiving the COVID-19 vaccine, please call the Calvert County COVID-19 Vaccination Call Center at 410-535-0218.

Healthy Homes Program

Applications for the Healthy Homes Program are now being accepted. The Healthy Homes Program assists seniors with low to moderate income levels with their energy bills. An energy audit on your home will need to be conducted. Calvert County residents may apply. This is made possible through funding from the Maryland Energy Administration. If you have questions or need more information, please call 301-855-6681.

Calvert County Commission on Aging MEMBERS WANTED

The Commission on Aging is a group of citizens who live or work in Calvert County, appointed by the Calvert County Board of County Commissioners, representing all three county districts, to work with the Office on Aging.

Please contact Liz Youngblood at 410-535-4606, ext. 130 for more information.

Need a Good Book to Read this Summer?

Our friends at Calvert Library provide wonderful books to each of our centers every month. Seniors may enjoy them at their leisure. We do kindly ask that you return the book to the senior center. Stop by a center to see the numerous titles!

Each of our centers has a "Little Free Library" where you can give a book and take a book!



Lunch Program

Each Senior Center serves a catered lunch at noon, Monday through Friday. Reservations must be made 24 hours in advance. For those 60 years of age and older, we suggest a \$3 donation to help support the cost of the program. For those 50-59 years of age, a \$5 lunch cost is required.

[View our Menu Here](#)



Voices in Praise Performance

This local youth choir has delighted audiences throughout the United States! We are excited they will perform for us! The performance is outside but will be moved inside if necessary. Light refreshments provided. You can read about them [here](#). Event details are below.

*Calvert Pines Parking Lot
June 10 at 4:00 p.m.*

Living Well with Diabetes

"Living Well with Diabetes" is a class that offers tips and education to help diabetics and pre-diabetics manage their condition. Both the class and materials are free. Classes run on Mondays from July 12 to August 16 from 9 a.m. to noon only at Southern Pines Senior Center.

Call 410-535-5400, ext. 459 to register.

Fitness Rooms are Open

All Senior Centers have a fitness room with equipment that seniors may utilize. Seniors must sign a waiver and schedule an orientation with staff prior to using the equipment. Please consult with your physician before starting any exercise

program. It is never too late to make improvements to our health!

Pictured is North Beach Senior Center's exercise classroom. Mirrors and bars have been recently added.



Keep an Eye on Events this June!

North Beach Events & Programs

- Caring & Sharing Bible Study: Mondays at 1 p.m.
- Ceramics Instruction: Tuesdays at 9 a.m.
- Bananagrams: Tuesdays at 11 a.m.
- Cranium Crunches & Word Games: Wednesdays at 10 a.m.
- Let's Move (Seated): Wednesdays at 10:30 a.m.
- Scribblers Creative Writing: June 1, June 3 and Thursdays at 1 p.m.
- Movie: Safe Haven: June 24 at 10 a.m.

Calvert Pines Events & Programs

- Brain Games: Mondays at 11 a.m.
- Let's Move: Mondays, Wednesdays, Fridays at 10:30 a.m.
- Ceramics Instruction: Wednesdays & Fridays at 9 a.m.
- Movie: Titans of the Deep: June 8 at 10:30 a.m.
- Voices in Praise Performance: June 10 at 4:00 p.m.
- Nature Photography Walk: June 11 at 11 a.m.
- Nature Photography Show: All day on June 15
- Bocce Ball Outside: June 16 at 11 a.m.
- Project Linus Blanketeering: June 18 at noon.
- Patriotic Rock Art: June 22 at 10 a.m.
- Patriotic Clothespin Wreath: June 24 at 10 a.m.

Southern Pines Events & Programs

- Ceramics Instruction: Mondays & Thursdays at 9 a.m.
- Gentle Yoga: Tuesdays at 10 a.m.
- Walk for Fun: Wednesdays at 10 a.m.
- Let's Move: Thursdays at 10 a.m.
- Christian Conversations: Thursdays at 11 a.m.
- Creative Writing: June 1, June 15 at 11 a.m.
- Sea Glass Workshop: June 2 at 1 p.m.
- Song Circle: June 9 at 1 p.m.
- Book Club: "The Cat Who Lived High" by Lilian Jackson Braun: June 16 at 1 p.m.
- Sweet Summertime Special Bingo: June 23 at 1 p.m.
- Movie: A Beautiful Day in the Neighborhood: June 24 at 1 p.m.

Additional Community Events & Programs

- **Grief Support Group: June 8 at 4:30 p.m. and June 22 at 4:30 p.m.**
 - To register, contact Trina Goffe at 410-535-0892 or tgoffe@calverthospice.org
- **Alzheimer's Support Group: June 9 at 3 p.m.**
 - For an invitation to the Zoom meeting, call 410-394-3000

- Meeting will be facilitated by Charles Harrell (charell@asbury.org) and Dennis Poremski (dporenski@asbury.org)
- **Music on the Porch at Linden: June 17 at 7:30 p.m.**
 - Calvert County Historical Society Summer Concert Series
 - 70 Church St. in Prince Frederick
- **Juneteenth Community Day: June 19 at 11 a.m. at Jefferson Patterson Park**
 - Shows, activities, health unit, food and more!
 - Free admission

Calvert County Senior Centers

North Beach Senior Center

9010 Chesapeake Ave.
North Beach, MD
410-257-2549

Calvert Pines Senior Center

450 W. Dares Beach Road
Prince Frederick, MD
410-535-4606

Southern Pines Senior Center

20 Appeal Lane
Lusby, MD 20657
410-586-2748

Office on Aging

450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606

www.calvertcountymd.gov

